

# **Public Issues Report 2nd Quarter 2011**

## **Public File 2011 – 2nd Quarter**

### **News at**

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### **April 2011**

4-1-11

If you stop smoking now ladies you can probably avoid a death sentence. Check this... "women losing their lives" to lung cancer dropped between 2003 and 2007... For the first time! The NEW C-D-C STUDY also found CANCER "cases" FELL FOR BOTH MEN AND WOMEN by about ONE PERCENT each year.

4-4-11

"Steer clear" of peeps carrying mouthfuls of CAVITIES... researchers say YOU can catch cavities.. JUST LIKE A COLD OR FLU! While CANDY GETS most of THE BLAME, CAVITIES ARE MOSTLY CAUSED BY BACTERIA WHICH CREATE ACID in the mouth. And those germs my friends... are CONTAGIOUS!

4-5-11

Double CHECK YOUR FREEZER FOR any JENNIE-O TURKEY BURGERS... Docs say the salmonella bacteria detected in the popular burgers recalled last week... appears to be RESISTANT TO COMMON DRUGS used to fight infection. At least a dozen people in 10 states have gotten sick so far... The recall includes 4-pound boxes of Jennie-O Turkey Store All Natural Turkey Burgers. Look for more info on the watercooler tab on [dailybuzznow.com](http://dailybuzznow.com).

4-6-11

A NEW STUDY IN THE JOURNAL RADIOLOGY SHEDS LIGHT ON HOW MUCH RADIATION KIDS ARE GETTING IN c-t SCANS. RESEARCHERS SAY they ARE BEING EXPOSED TO FIVE TIMES THE AMOUNT OF RADIATION THEY WERE EXPOSED TO IN 19-95. THAT'S BECAUSE DOCTORS ARE USING MORE TYPES OF SCANS ON KIDS NOW. FOR EXAMPLE... ABDOMINAL SCANS THAT WERE HARDLY USED 15 YEARS AGO ARE NOW USED IN 21-PERCENT OF VISITS. BUT THEY DELIVER SEVEN TIMES THE RADIATION AS HEAD SCANS. RESEARCHERS RECOMMEND ASKING DOCTORS IF THE SCANS ARE NECESSARY TO KEEP EXPOSURE DOWN.

4-7-11

Our young sports-playin' girls out there... may be turning "bad to the bone." Girl athletes who play HIGH-IMPACT SPORTS LIKE BASKETBALL AND GYMNASTICS... ARE TWICE AS LIKELY TO SUFFER SMALL CRACKS IN THEIR BONES... And that could mean GREATER RISK OF OSTEOPOROSIS LATER! Docs say girls need to shake up their training each day... so there's not the same pressure in the same spots.

4-8-11

Eat more bananas... It'll CUT YOUR RISK OF A STROKE. SCIENTISTS SAY IF EVERYONE did this more than A MILLION deaths from STROKE WOULD BE PREVENTED all over the WORLD Every year. FOODS LIKE SPINACH, NUTS, MILK, AND FISH ARE ALSO LOADED WITH POTASSIUM, BUT THREE BANANAS A DAY WOULD DO THE TRICK.

4-11-11

IF YOU THINK THE RISING COST OF GAS will burn a hole in your wallet.. don't forget about the car itself. an AUTOMOBILE CLUB says OWNING AND MAINTAINING A CAR IS UP NEARLY THREE-AND-A-HALF-PERCENT. COST FOR PARTS LIKE TIRES HAS GONE UP NEARLY 15-PERCENT THIS YEAR DUE TO an increase in material. the increases means AN EXTRA 45 TO 73-CENTS PER MILE DEPENDING ON THE SIZE OF YOUR CAR. TRIPLE-A SAYS don't forget REGULAR MAINTENANCE to help your vehicle last longer.

4-12-11

Listen up young ladies... Grab the VITAMIN D this morning... It could save your sight! A NEW STUDY finds VITAMIN D PROTECTS young WOMEN FROM MACULAR DEGENERATION... The LEADING CAUSE OF VISION LOSS. WOMEN WHO popped THE MOST VITAMIN D... "SAW" THEIR CHANCES OF DEVELOPING THE DISEASE DROP by 60 PERCENT.

4-13-11

"Check out" some scary new stats about herpes. A NEW STUDY in the a-m-a journal reports that about 16 PERCENT OF americans ARE INFECTED WITH HERPES SIMPLEX two... But less than 25 PERCENT EVEN KNOW IT. And here's the cherry... EVEN IF THEY don't have any "VISIBLE" SYMPTOMS... It's still contagious about 10 PERCENT of the time!

4-14-11

New York cops are confirming a mom intentionally drove herself and four young children into the hudson river. People who knew 25-year-old lashanda armstrong now realize something wasn't right. <She did mention that she was going through something with the dad, one time. And just recently she removed him from the pick-up list and said she was filing some type of court order against him.> the oldest child, a 10-year-old boy, escaped through an open window and swam to shore for help. Armstrong, her five and two-year-old and 11-month drowned.

4-15-11

AT LEAST FOUR PEOPLE WERE KILLED AND ABOUT A DOZEN HURT WHEN A TORNADO TOUCHED DOWN IN THE TOWN IN SOUTHEAST OKLAHOMA. MITCH HAS MORE ON THE SYSTEM MOVING ACROSS THE SOUTHEAST. WANNA SEE WHAT ONE OF THOSE FUNNEL CLOUDS LOOKED LIKE? CHECK OUT THIS MASSIVE FUNNEL CLOUD IN OKLAHOMA. STORMS RAVAGED SOUTHEASTERN PARTS OF THE STATE LAST NIGHT. EMERGENCY OFFICIALS SAY A TORNADO TORE THROUGH THE TOWN OF TUSHKA. THAT SEVERE WEATHER, INCLUDING THE THREAT OF TORNADOES, WILL BE A POSSIBILITY ACROSS NORTHERN MISSISSIPPI AND ALABAMA AND INTO CENTRAL TENNESSEE ON THIS AFTERNOON. THEN IT MOVES INTO GEORGIA AND THE CAROLINAS OVERNIGHT TONIGHT.

4-18

Make sure you cook your meat thoroughly and wash everything down afterwards! New RESEARCH SHOWS MORE THAN HALF THE MEAT AND POULTRY sold in U-S GROCERY STORES is contaminated with "STAPH" bacteria... and half of it is resistant to THREE-different ANTIBIOTICS. Researchers call the findings "disturbing" and say it should mean the end of shooting animals up with hormones!

4-19

Find some "fun in the sun"... minus all that kissing! Docs say MULTIPLE SCLEROSIS is more prevalent in places where... "the sun don't shine" and there's a HIGH RATE OF the "KISSING DISEASE" MONONUCLEOSIS. THAT'S THE PATTERN detected after 7-YEARS OF RESEARCH IN ENGLAND! Here's the equation... Lack of sun... equals lack of vitamin D... equals low immunity to mono... equals more susceptible to M-S.

4-20

And while you're reading up on a-d-h-d moms to be... Be careful what ya snack on! A new study has provided the very "FIRST" SCIENTIFIC LINK between a pregnant woman's diet... and child obesity. IT proves "her" diet can actually ALTER THE BABY'S D-N-A IN THE WOMB... INCREASING its RISK OF OBESITY, HEART DISEASE AND DIABETES!

4-21

Calmer winds and cooler temps are giving firefighters a little break this morning in Texas. Officials say they've made progress fighting the four most serious brush fires, including a monster that's destroyed 100 homes west of Ft. Worth. But 600 homes in three counties are still being "threatened." 1.4 million acres have been charred in Texas since January 1st and two firefighters have lost their lives.

4-22

Go 'head, down another CUP OF JOE this morning! a NEW STUDY FINDS the belief that COFFEE RAISES BLOOD PRESSURE, JUST AIN'T SO. It shows THE CHANCES OF BEING DIAGNOSED WITH h-b-p IS NO DIFFERENT BETWEEN moderate coffee drinkers and those WHO CHUG FIVE CUPS A DAY!

4-25

THE CUCUMBER IN YOUR FRIDGE MIGHT HAVE AN ADDED INGREDIENT YOU DON'T WANT... Salmonella! So a recall is on order! THE F-D-A found a bad batch of cucumbers FROM A NORTH CAROLINA COMPANY WHO sent them out to "nine" states... Including Florida, Texas, Tennessee and New York. The cartons are marked 'NATURE'S DELIGHT' and have this code on the carton.

4-26

If you're rolling around in an older Nissan S-U-V.. You could get steered in the wrong direction. the automaker is recalling more than 270-thousand 19-96 to 2004 Pathfinders and 19-97 to 2003 Infiniti Q-X-4 SUVs. Officials say road salt and water could collect.. Cause corrosion that could make it hard for drivers to steer correctly. It's already caused one accident. The recall affects Pathfinders and QX4s in 20 cold-weather states and Nissan will send out notices next month.

4-27

NOT A MORNING PERSON? APPARENTLY, NEITHER IS YOUR HEART. RESEARCHERS FOUND that HEART ATTACKS BETWEEN 6 A-M AND NOON, are USUALLY MORE SERIOUS THAN THOSE BETWEEN 6 P-M AND MIDNIGHT. The good 'ole BODY CLOCK is to blame, as it INFLUENCES the HEART RATE, BLOOD PRESSURE and blood vessels in the HEART. The new findings will help lead to new meds!

4-28

Chili peppers not only bite.. They can also bite off some l-b's. Researchers say adding ABOUT A HALF A TEASPOON OF CAYENNE PEPPER to your MEALS WILL keep you from eating too much.. Feeling fuller faster AND BURN MORE CALORIES.

4-29

If you think putting the kiddos on a low-fat dairy diet will keep the l-b's down.. Think again. RESEARCHERS FROM AUSTRALIA SAY KIDS WHO SLASH FAT INTAKE SEEM TO TAKE IN MORE CALORIES FROM OTHER SOURCES. BUT GIVING UP SATURATED FAT DOES MAKE A DIFFERENCE IN CHOLESTEROL LEVELS, WHICH COULD MAKE FOR A HEALTHY HEART LATER IN LIFE. RESEARCHERS SAY THE RESULTS WERE really EFFECTIVE FOR THOSE WHO DON'T EAT a lot of SPICY FOODS.

## May 2011

5-2-11

A new study suggests letting your baby sleep in your bed is deadly more often than not! A DELAWARE COMMISSION found that 14 of the 18 "INFANT DEATHS" in that state over the last three years... was caused by adults accidentally suffocating them while sleeping in the same bed. THE COMMISSION IS NOW PUSHING FOR CRIMINAL PENALTIES when it happens!

5-3-11

We'll see if the army corps of engineer's risky move of blowing up a big section of levee along the mississippi river actually worked. they're trying to protect a small town in illinois from rising floodwaters. blowing up the levee will hopefully divert up to 4 feet of water off the river... Flooding 13-thousand acres of empty farm land... And releasing pressure on the floodwall protecting the town. All of the flooding is from last week's tornado outbreak that killed more than 340 people.

5-4-11

Honda Motor Company is expanding one of its air-bag recalls. The automaker says about 833-thousand more vehicles made from 2001 through 2003 may have faulty airbags. The recall affects the accord, civic odyssey, cr-v, acura t-l and c-l. Officials say the airbags could deploy too forcefully and hurt passengers. The company will start sending out notifications before the end of the month. You can go to the watercooler section of our website, dailybuzz now dot com for more.

5-5-11

If you're cruising in g-m's new chevrolet Cruze.. You'll have to u-turn to the dealership because there's a problem with it's steering shaft. 154-thousand 20-11 Cruze cars are being recalled to make sure the steering wheels were installed properly. G-M says about 120-thousand cars with automatic transmissions will \*also\* be checked to make sure parts of the transmission were installed correctly. The automaker says no crashes or injuries have been reported and it'll mail out notices.

5-6-11

Drink coffee? Work out? Have sex? Well then there's a small chance you could have an ANEURYSM and not know it! A NEW STUDY finds that in about 2-PERCENT OF THE POPULATION... coffee, exercise and sex RAISE BLOOD PRESSURE enough to BOOST THE RISK OF AN ANEURYSM BURSTing. They're usually too small to do much damage, "but"... if they grow big enough.... They can trigger strokes.

5-9-11

The season your baby was born "may" determine whether they get celiac disease. A NEW STUDY FINDS babies born between March and August... have an increased chance of developing the digestive disorder, which is triggered by eating gluten. Researchers say it "could be" because those babies are introduced to solid foods in colder months... a-k-a flu season.

5-10-11

SAFEWAY STORES is expanding its recall of products with GRAPE TOMATOES. It's now putting the "eating Right Veggie Party Platter" on blast for fear OF POSSIBLE SALMONELLA! Those tomatoes were packaged with other grape tomatoes that tested positive for salmonella... and responsible for SALADS and kabobs being recalled IN SEVERAL STATES.

5-11-11

YOU'RE PROBABLY GOING TO SEE MORE VALERIE BERTINELLI ON T-V SOON. CONSUMER REPORTS HEALTH PUT JENNY CRAIG AT THE TOP OF THE DIET PLANS. THE PUBLICATION RANKED SIX POPULAR DIETS BASED ON THEIR OVERALL EFFECT ON WEIGHT LOSS. CONSUMER REPORTS SAYS 92 PERCENT OF PEOPLE ON THE JENNY CRAIG PROGRAM WEIGHED ABOUT 8 PERCENT LESS AFTER STICKING WITH THE PROGRAM FOR TWO YEARS.

5-12-11

Here's a great morning "eye opener" for women. EARLY RESULTS FROM A NEW STUDY finds DRINKING five or more cups of COFFEE a day... MAY PROTECT AGAINST ONE OF THE MOST AGGRESSIVE FORMS OF BREAST CANCER, "E-R NEGATIVE." Those are tumors that don't respond to hormone therapy. While much more research is needed, docs say the goal is to find out what it is in coffee that may be beneficial!

5-13-11

The earlier someone starts TREATment FOR H-I-V... The LESS LIKELY they'll be TO PASS IT ON TO someone else. A NEW STUDY CONFIRMS TAKING ANTI-RETRO-VIRAL drugs, better known as A-R-L, BEFORE THE IMMUNE SYSTEM IS WEAKENED... Cuts the risk of transmission by 96-PERCENT! RESEARCHERS SAY THE BATTLE NOW IS GETTING THESE DRUGS TO DEVELOPING COUNTRIES.

5-16-11

GUYS, catch up on your z's... So you can stay up all night.. In bed. a NEW STUDY shows MEN WITH ERECTILE DYSFUNCTION WERE MORE THAN TWICE AS LIKELY TO SUFFER FROM SLEEP APNEA. And ladies you need your beauty rest to avoid URINARY INCONTINENCE. The full report from studies will be released soon.

5-17-11

The fight against mental illness ... May run through your tummy! A NEW STUDY finds that STOMACH PROBLEMS during THE FIRST FEW DAYS OF LIFE... May put the brain in a "permanent" depressed state. Docs say it's not true for all people, of course, and genetics also plays a role. But they HOPE THE info LEADS TO NEW WAYS OF TREATING MENTAL illness.

5-18-11

GUYS, WAKE UP AND SMELL THE COFFEE. A NEW STUDY SUGGESTS THE MORE java YOU DRINK THE LOWER YOUR CHANCES OF DEVELOPING PROSTATE CANCER. RESEARCHERS SAY MEN WHO DRINK SIX OR MORE CUPS a DAY... Reduce their risk of getting THE MOST deadly type OF PROSTATE CANCER... By 60 PERCENT! And even ONE TO THREE CUPS a DAY will LOWER the RISK.

5-19-11

"Eating for two" may stick with ya for the rest of your lives! A NEW STUDY "in the england" finds... moms-to-be who gain EXCESSIVE AMOUNTS OF WEIGHT DURING PREGNANCY... Can be plagued by fat forever. And most of that is gained in the last trimester, when women should start scaling back on the extra calories. 15-percent of british moms are considered "obese" by their delivery dates!

5-20-11

LADIES, your DOC MAY BE TESTING you TOO OFTEN FOR CERVICAL CANCER. A NEW STUDY finds WOMEN 30 AND OLDER CAN WAIT THREE YEARS in between tests "if" THEY HAVE GOOD PAP SMEAR AND AN H-P-V TEST RESULTS. CERVICAL CANCER is out of the norm, because it's USUALLY a SLOW GROWING AND CURABLE IF DETECTED EARLY.

5-23-11

Smokers, y'all better open your eyes! A NEW STUDY finds SMOKERS ARE MORE LIKELY TO DEVELOP AGE-RELATED BLINDNESS than non-puffsters. In fact... A smoker's risk of killing off LIGHT-SENSING CELLS IN THE RETINA ... Is "four times" that of non smokers. Docs say the possibility of going blind seems to be scaring off some young smokers.

5-24-11

If you need a "quick release"... From an ache or pain... BAYER is there for you! The drugmaker rolled out A souped-up VERSION OF ITS ASPIRIN called "bayer advanced" that's touted as working "twice as fast" as the competition! The secret ingredient... Drug technology inside the capsule that disintegrates faster than the speed of light! We'll see how that sits with THE STOMACH!

5-25-11

YOU GET WHAT YOU PAY FOR, RIGHT? NOT ALWAYS... Especially when it comes to sunscreen. CONSUMER REPORTS SAYS the generic store brands are better than name brands. THE MAGAZINE TESTED 22 SPRAYS, CREAMS AND LOTIONS.. The winner.. A TARGET STORE BRAND. OTHERS DIDN'T DO SO HOT.

5-26-11

The shift in occupations IN AMERICA is affecting our bottom lines... And waistlines. A NEW STUDY FINDS TODAY'S WORKERS ARE fatter THEN EVER... BECAUSE they're burning FEWER CALORIES THAN EVER... Because they're SITTING AT DESKS INSTEAD OF WORKING IN THE plant or out in the field! RESEARCHERS SAY WE BURN about 140 FEWER CALORIES each DAY AT THE OFFICE... THAN WORKERS back IN THE 60'S.

5-27-11

IF YOU PLAN ON SENDING THE KIDDIES TO THE POOL OVER THE holiday WEEKEND, MAKE SURE IT'S OPEN FIRST. THE CONSUMER PRODUCT SAFETY COMMISSION wants THOUSANDS OF PUBLIC SWIMMING POOLS to stay closed BECAUSE OF FAULTY DRAIN COVERS. THEY ARE RECALLING ONE-MILLION POOL AND SPA DRAIN COVERS THEY SAY COULD TRAP little SWIMMERS... ESPECIALLY SMALL CHILDREN. COMMISSION OFFICIALS SAY THEY WEREN'T CERTIFIED CORRECTLY AND CAN'T HANDLE THE CORRECT FLOW OF WATER. THE POOLS can't open UNTIL THE COVERS ARE REPLACED.

5-30-11

35,000,000... That's how many people are estimated to be traveling this holiday weekend. According to Triple A, who only count the number of people traveling 50 miles or more. In spite of gas prices, that's down only about a 100 thousand over last year. Nearly 31 of the 35 million are driving this weekend, with the rest taking planes, trains and buses.

5-31-11

POPPING ANTI-HISTAMINES MAKES YOU BREATHE EASIER - AND WEIGH MORE. RESEARCHERS found that THOSE who TAKE ANTI-HISTAMINES ARE 55 PERCENT MORE LIKELY TO BE OVERWEIGHT THAN NON-ALLERGY PEEps, but they're not sure why. One theory is that the MEDS ARE SO SEDATING, THEY turn folks into COUCH POTATOES.

## June 2011

6-1-11

Peeps who start tokin' up before they hit 15... Will PAY A BIG MENTAL toll LATER IN LIFE! NEW RESEARCH finds smoking MARIJUANA before that age, severely damages brain development... MAKING IT hard to complete simple mental tasks, CONTROL IMPULSES, and remember much of anything. But if you didn't discover pot until later in life... Your brain is safe... Relatively speaking.

6-2-11

A state of emergency in Massachusetts this morning after a rare tornado about 90 miles west of boston kills at least four people. The national guard has been activated to help.

6-3-11

DO YOUR LIVER A FAVOR THIS WEEKEND WITH A GLASS OF WINE. A NEW STUDY FOUND MODEST AMOUNTS OF RED WINE POSED NO GREATER RISK FOR DEVELOPING LIVER DISEASE. HOWEVER, RESEARCHERS SAY THE BIGGER THREAT IS OBESITY AND RESISTANCE TO INSULIN, BOTH OF WHICH CONTRIBUTE TO A FATTY LIVER, LEADING TO DIABETES, HIGH BLOOD PRESSURE AND HEART DISEASE.

6-6-11

From not enough water to too much. hundreds of people in southwest iowa are being forced to higher ground after a levee breach along the swollen missouri river. Crews will be using a helicopter to pick up sandbags and fly them out over the levee. they think hamburg, iowa could be completely under water within a few hours.

6-7-11

Bad news for women who run the risk of OVARIAN CANCER. A big new study finds .... Women checked "yearly" ARE JUST AS LIKELY TO DIE FROM THE DISEASE AS THOSE WHO are not. "and"... RESEARCHERS FOUND that women tested every year ... are more likely to remove their ovaries "and" suffer complications due to "FALSE-POSITIVE" results! 1 in 72 women will get ovarian cancer. But symptoms usually don't start until the cancer has spread.

6-8-11

Here are some research results that probably fly in the face of what you've been taught, moms! Dutch docs have found that GIVING babies SOLID FOODS "OR" FOODS LINKED TO ALLERGIES... before SIX MONTHS OLD... Does "not" CAUSE asthma OR eczema later in life as previously thought. However they say you can introduce things like NUTS, EGGS OR COW'S MILK with a doctor's help to test for allergies.

6-9-11

A NEW BREAKTHROUGH TO LOWER YOUR RISK OF A HEART ATTACK SOUNDS LIKE SOMETHING FROM STAR TREK. DOCTORS SAY A DEVICE WHICH USES A MAGNETIC FIELD TO THIN BLOOD... HAS THE SAME EFFECT ON HUMAN BLOOD. The magnets POLARIZE RED BLOOD CELLS helping blood flow STREAMLINE. "AND" they say IT'S SAFER THAN ASPIRIN because there are NO SIDE EFFECTS AND you can do it regularly.

6-10-11

"The pain in the mouth" IN THE DENTIST CHAIR MIGHT BE A THING OF THE PAST. THE PAIN FROM mouth shots isn't from the NEEDLE, BUT FROM THE ACID CONTAINED WITHIN THE ANESTHESIA. BUT an english dentist has CREATED A syringe that can mix THE ANESTHETIC WITH a neutralizing solution to stop the sting! Let's get this invention across the pond, asap please!

6-13-11

the three week old wallow fire burning up arizona has now crossed state lines into new mexico. HALF A MILLION ACRES BURNED in what may soon be the largest fire in state's history. But there is good news.. Seven-thousand people have been allowed to return home at their own risk and firefighters say they have 10-percent of the blaze under control.

6-14-11

A new study says BREASTFEEDING LOWERS THE RISK OF sudden INFANT DEATH syndrome BY NEARLY 70 PERCENT. Word is.. IT PROTECTS LITTLE ONES FROM MINOR INFECTIONS SHOWN TO increase the risk of developing sids. RESEARCHERS still want to remind you.. That you CAN ALSO CUT DOWN THE RISK BY placing baby on her back in her crib and making sure she doesn't get too hot.

6-15-11

COUCH POTATOES, BE CAREFUL... Too much t-v will kill ya'. RESEARCHERS FROM SEVERAL STUDIES say SPENDING HOURS IN FRONT OF THE TUBE can DRAMATICALLY RAISE YOUR RISK OF DEVELOPING TYPE two DIABETES AND HEART DISEASE. They SAY THE RISK IS SIMILAR TO WHAT YOU SEE WITH people who smoke or have HIGH CHOLESTEROL. I bet it's not from the actual t-v... It's from not moving your patooski.

6-16-11

Now A NEW REPORT says cell PHONES MAY NOT BE AS DANGEROUS AS reported earlier this month. THE WORLD HEALTH ORGANIZATION SAID CELL PHONES SHOULD BE CONSIDERED "POSSIBLY CARCINOGENIC". BUT NOW SOME SCIENTISTS CLAIM MOST BRAIN TUMORS DISCOVERED ARE NOT WITHIN THE RANGE OF RADIATION EMITTED BY THE PHONES. So, the research will continue on this for a while.

6-17-11

The drug meant to help smokers quit can also be bad for the ticker. THE F-D-A SAYS ChANTIX CAN LEAD TO A SMALL INCREASE IN HEART PROBLEMS IN THOSE WHO ALREADY HAVE CARDIOVASCULAR DISEASE. It'll NOW PUT A NEW LABEL WARNING OF THE INCREASED RISK. CHANTIX WAS ALREADY UNDER SCRUTINY FOR CAUSING PSYCHIATRIC SIDE EFFECTS.

6-20-11

THE FIGHT AGAINST BREAST CANCER IS GETTING HELP FROM THE PAST. A NEW STUDY SAYS A DRUG DEVELOPED OVER 40 YEARS AGO TO TREAT HIGH BLOOD PRESSURE MIGHT help BREAST CANCER PATIENTS live longer. RESEARCHERS BELIEVE THE BETA BLOCKER PRO-PRAN-O-LOL PREVENTS STRESS HORMONES FROM REACHING CANCER CELLS AND ACTIVATING THEM.

6-21-11

GIRLS, MAKE SURE YOU'RE GETTING ENOUGH SHUT EYE. NEW RESEARCH SAYS SLEEP DEPRIVATION HITS WOMEN HARDER THAN GUYS, REVEALING A DIRECT LINK BETWEEN TOO LITTLE SLEEP AND MANY HEALTH HAZARDS. RESEARCHERS SAY WOMEN WHO SLEEP FIVE HOURS OR LESS ARE TWICE AS LIKELY TO HAVE HIGH BLOOD PRESSURE and are more at risk for DIABETES, OBESITY AND DEPRESSION.



6-22-11

The real connection between junk food and weight woes has finally been uncovered! RESEARCHERS HAVE FOUND THAT fatty junk food destroys the BRAIN cells THAT CONTROL WEIGHT.... That means eating junk food actually makes you want to eat more "because" your appetite suppressor is malfunctioning! docs say the next step is developing meds that limit those brain "injuries."

6-23-11

Ladies lugging around "silicone parts" ... Rejoice! The latest word from the F-D-A IS THAT silicone breast implants are relatively safe, "but" need to be REPLACED EVERY eight TO TEN YEARS. WOMEN SHOULD ALSO BE regularly SCREENED for INFECTIONS OR RUPTURES. The feds banned the GEL-FILLED IMPLANTS after over-blown reports of health hazards, but they BOUNCED BACK IN 2006.

6-24-11

Listen up DIETERS.... IT'S THE QUALITY, NOT THE QUANTITY that counts! A NEW STUDY finds FOCUSING ON CALORIES ALONE IS "NOT" THE BEST WAY TO DROP THE POUNDS... Instead you must EXAMINE THE QUALITY OF YOUR MEALS. Bottom line... Try replacing all the PROCESSED STUFF WITH NATURAL beauties like FRUITS, VEGGIES AND NUTS.

6-27-11

MOMS-TO-BE, YOU MIGHT WANT TO SKIP THE SECOND HELPING, IT COULD BE AFFECTING YOUR KIDS' BRAIN! ONTARIO RESEARCHERS REVIEWED SEVERAL STUDIES AND FOUND OBESE MOMS HAD KIDS WHOSE I-Q was FIVE POINTS LOWER THAN MOM'S OF NORMAL WEIGHT. THEY ALSO FOUND IF MOMS PUT ON "extra" WEIGHT DURING PREGNANCY, THEIR KIDS risk of DEVELOPING AN EATING DISORDER shot UP 11-PERCENT.

6-28-11

You might wanna LIMIT THE BOOB TUBE before THE YOUNGIN'S go to BED. A STUDY IN THE JOURNAL "PEDIATRICS" shows PRESCHOOLERS WATCHING T-V AFTER SEVEN P-M HAVE A HARDER TIME SLEEPING. AND VIOLENT SHOWS may MEAN NIGHTMARES that will interrupt SLEEP. BUT DAYTIME T-V didn't hurt THEIR nighttime Z's... so be sure to watch the daily buzz every morning!

6-29-11

LADIES, IF YOU HAVE TROUBLE REMEMBERING TO TAKE YOUR PILL, "implants" may be the way to go. GYNECOLOGISTS SAY I-U-D'S AND CONTRACEPTIVE SKIN IMPLANTS ARE THE MOST EFFECTIVE TYPES OF BIRTH CONTROL anyway ... And they're starting to PUSH FOR THEM. they DON'T REQUIRE ANY MAINTENANCE AND LAST FOR MONTHS AT A TIME.

6-30-11

If you're contemplating going under the knife to cut the fat... RESEARCHERS SAY 'WEIGH' YOUR OPTIONS a little longer. The GERMANS SAY A ONE-YEAR WEIGHT LOSS PROGRAM BASED ON LIFESTYLE CHANGES COULD HELP YOU LOSE AS MUCH WEIGHT AS SURGERY. They found OMEN LOST AN AVERAGE OF 43-POUNDS WHILE MEN LOST AN AVERAGE OF 57. THEY SAY THE OPTION IS SAFER AND STILL PAYS OFF IF YOU'RE WILLING TO STICK WITH IT.